

Eight Immediate Stress Busters

1. Use effective anger management techniques.

- a. Expressive Anger
- b. Suppressed Anger
- c. Unexpressed Anger

The goal of anger management is to reduce both the emotional feelings and physiological arousal that anger causes

2. Breathe in slowly and deeply. Before reacting take in three deep breathes and release them slowly.
 - a. 12 breaths-per-minute pacing
 - i. say the word “in” for two seconds
 - ii. say the work “out” for two seconds
 - iii. pause for one second.
 - iv. Do the above for five minutes.
3. Whenever you feel overwhelmed by stress, practice speaking more slowly than usual. This allows you to think before you speak. It also makes you appear more in control of yourself.
4. Get outside if possible, even if just for five minutes. (smoking break)
5. Drink plenty of water and eat small, nutritious snacks. Dehydration and hunger can provoke aggressiveness and exacerbate feelings of anxiety and stress.
6. Jump start an effective time management strategy. Choose one simple thing you have been putting off and do it immediately.
7. Do a quick posture check. If you sit all day at a desk avoid stooping or slumping. Bad posture can lead to muscle tension, pain, and increased stress.
8. Plan something rewarding for the end of your stressful day, no matter how trivial it may seem. You won’t have many options in Baghdad so take advantage of small pleasures.